



Boomeranging back to the nest

Struggling to find work and overloaded with debt, children ages 20 to 34 are returning home to mom and dad **PAGE 15**

TRADE SECRETS
TIPS FROM VICTORIA'S SECRET ANGEL
ALESSANDRA AMBROSIO'S PERSONAL
TRAINER ON HOW TO ACHIEVE
POST-BABY BODY PERFECTION **PAGE 12**



REGINA

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Tuesday, June 19, 2012

News worth sharing.



Disaster response agency set for Regina

Prepped to respond.
Feds say Canadian Safety and Security Program will predict and prepare for everything from terror attacks to natural disasters



Defence Minister Peter MacKay
THE CANADIAN PRESS

Opportunity
"This new program provides Canada a technological advantage to cope with disasters, minimizing as much as possible their impact on the lives and livelihoods of Canadians."

Defence Minister Peter MacKay

The federal government is setting up a new security and safety agency to co-ordinate responses to disasters and emergencies — right here in Regina. The government says the Canadian Safety and Security Program will pull science and technology together with operations and intelligence to predict and prepare for everything from terror attacks to natural disasters and serious accidents. The program will cost \$43.5 million a year. The agency will work with Defence Research and Development Canada to improve the country's ability to detect

chemical, biological, radiological and explosives threats. It will also work on border and transportation security, emergency management, surveillance and intelligence, cybersecurity, interoperability, and critical infrastructure. The program will promote collaboration between all levels of government, industry and academia, as well as pro-

fessionals in emergency management and response, public health, law enforcement, and intelligence. Defence Minister Peter MacKay said the new agency will strengthen public security. "This new program provides Canada a technological advantage to cope with disasters, minimizing as much as possible their impact on the lives and livelihoods of Canadians," he said. **THE CANADIAN PRESS**

MOMENT OF PRIDE

Participants in this year's Queen City Pride Festival pose joyously in front of the Legislative Building before the official raising of the rainbow flag, inset, on the grounds Monday. The internationally recognized symbol of the LGBT community will fly high until the closing ceremonies on June 24. **JEFF MACKEY/METRO**

Magnotta back on home soil
Suspected killer in body-parts case arrives in Quebec on Monday, where he is expected to be charged with first-degree murder **PAGE 4**

Candidate with a petition
A new Ward 9 candidate is collecting signatures to force a referendum on the city's stadium project **PAGE 2**

When to say 'I'm sorry'
Charles the Butler gives advice on how to handle a feisty family argument that results in the demand for an apology **PAGE 14**



NEWS

On the web

Obesity surgery linked to alcohol abuse

Maybe looking good really does come with a price. A new study found the most common type of obesity surgery could increase patients' chances of abusing alcohol. Go to metronews.ca to read the entire story.

Nuns set wheels of protest in motion

Not even the Vatican can keep nuns from voicing their thoughts after a group of Roman Catholic nuns began a U.S. bus tour protesting proposed federal budget cuts on Monday, defying recent Vatican criticisms of socially active nuns. Go to metronews.ca to read the entire story.

Mobile news



Facebook just got a whole lot more tech savvy after buying a facial-recognition technology company that helps people tag photos on the web by figuring out who is in them. Scan the code to read more.

RCMP investigation

Officer has yet to enter plea in assault case

An assault case involving a Regina police officer took another step forward Monday at provincial court.

Const. Scott Douglas, 31, was not present and has not entered a plea in his case.

His presence was not mandatory but he will appear before the court on July 11.

Douglas was charged with common assault on May 16 after an RCMP investigation into an alleged incident at a home in the Edenwold district. He was not on duty at the time.

Douglas was in his second year with the Regina police. He has been placed on administrative duties. **METRO**

Public appeal

Police seek tips about stabbing

Regina police are asking for information about an aggravated assault on Sunday that saw a 19-year-old man stabbed by as many as four men at 4th and Princess Street. Tipsters should contact police at 777-6500. **METRO**

Extreme weather

Tornadoes twist their way across the province

Eight tornadoes touched down in Saskatchewan last week, an Environment Canada meteorologist says.

John Paul Cragg also says the extreme weather on Friday saw hailstones

the size of golf balls, while one area got 80 millimetres of rain in just three hours.

Sightings of funnel clouds and tornadoes were reported near Luseland, Kerrobert, Unity, Wilkie, Biggar, Mildred, Perdue, Asquith, Delisle, Borden and Saskatoon.

There were no reported injuries but the twisters did do some damage to farmyards. **THE CANADIAN PRESS**

Author shares coming-out stories for Regina Pride Week

People power.

Interviewing friends from the LGBT community produced some surprising tales



CARRIE-MAY SIGGINS

carriemay.siggins@metronews.ca

Everyone has a story worth telling.

That's what photographer Andrea Norberg learned while compiling the stories and photographs for her book, *The Coming Out Project*. The opening reception for the project takes place on Tuesday evening as part of Regina Pride Week.



The idea for the book began germinating in 2010. "I got sick of hearing yet another story about a kid committing suicide

The Coming Out Project

- The Regina Pride Week event, which includes appetizers and a cash bar, takes place at the Creative City Centre, 1843 Hamilton St., from 7 to 10 p.m.
- To learn more, go to comingoutproject.com. Books are available for purchase at blurb.com/bookstore.

and the bullying they were suffering due to their sexuality," she said.

"So, as a photographer, I decided that it would be a good idea to use my medium to try and do something positive."

She started interviewing her friends in the LGBT community about their stories of opening up to friends and family about their sexuality. Soon, word spread about the project.

"Other people I didn't know heard about it and wanted to be involved and started contacting me because of it. I thought, depending on

Quoted

"There is still a lot of hate out there and it grows out of ignorance. And some people just don't know any better."

Andrea Norberg

what kind of response I got, I'd have to leave people out and pick and choose which were the best stories. But as it happened, everyone who approached me, all of their stories were worth telling."

Norberg learned that though many of the stories were positive, discrimination against the LGBT community still runs deep. In one instance, the father of one subject became violent after his son came out to him. "There is still a lot of hate out there and it grows out of ignorance. And some people just don't know any better," she said.

But there were heartwarming stories as well. In fact, as the book took shape, Norberg noticed many of the younger subjects had the more positive stories, a sign things may be changing.



Mikayla Schultz is one of 12 people whose image is featured in Andrea Norberg's book and art show *The Coming Out Project*, featuring pictures and stories from people who have opened up to family and friends about their sexual orientation. CONTRIBUTED/ANDREA NORBERG

New Ward 9 candidate comes armed with petition



Dawn Thomas shows reporters the petition she hopes will force a referendum about the stadium project. CARRIE-MAY SIGGINS/METRO

Sasktel business analyst Dawn Thomas is running for council in Ward 9.

Under the slogan "Ur Damn Right," Thomas has put together a platform that covers what she calls the BANES of Regina — beauty, affordable house and homelessness, neighbourhoods, environment and sane development.

The closing of 12th Street for the City Square Plaza is an example of "insane development," Thomas says.

"I think that a lot of the times, when the city goes ahead and does something, it doesn't necessarily look ahead to what is going to happen in the long run," she told reporters outside Mosaic Stadium on Monday,

Down with short-term thinking

"I think that a lot of the times, when the city goes ahead and does something, it doesn't necessarily look ahead to what is going to happen in the long run."

Dawn Thomas, candidate for Ward 9

the day she announced her candidacy.

Although Thomas, 36, doesn't live in Ward 9, she says she is still able to represent the interests of its residents. She moved to Regina from Saskatoon eight years ago, and is originally from Victoria.

Thomas has been active in the past month collecting signatures for a petition that will attempt to force

a referendum on the city's stadium project. So far she has 500 signatures, but she needs 16,000 for June 30 to get it on the October ballot.

"I've had people for the stadium and people opposed to the stadium sign it because they want a say in what's going in."

So far, Thomas's only running mate is incumbent Terry Hinks.

CARRIE-MAY SIGGINS/METRO

Refugee health-care changes draw protest



Participants march down Spadina Crescent Monday to protest cuts by the federal government to the Interim Federal Health Program. MORGAN MODJESKI/METRO

Cuts to services.
Feds' program puts new immigrants at risk, health-care professionals say



MORGAN MODJESKI
Metro in Saskatoon

In an attempt to get the federal government to reverse sched-

uled changes to the Interim Federal Health Program (IFHP) health-care professionals in Saskatoon joined their national counterparts and refugee advocates in protest on Monday.

Protesters say changes would cut health-care services provided to refugees arriving in Canada before they become covered under provincial insurance. Some say the changes are unacceptable and want the IFHP to remain unchanged.

Mahli Brindamour, co-

chair of the immigrant-health committee at the University of Saskatchewan's college of medicine, said after June 30, when the changes take effect, health care will be "drastically reduced," for newcomers.

"Refugees, by definition, are very vulnerable people, so many of them have very high health-care needs," said Brindamour. "We believe everyone should be treated with dignity on a need basis and not according to their status in society."

Brindamour said without access to basic health care, these individuals are likely to seek access through emergency-room visits, a costly alternative.

Helen Smith-McIntyre, chair of the Saskatoon Refugee Coalition, called the changes "un-Canadian," saying the services provided by the IFHP were "critical" for newcomers as the program provided refugees with access to pharmaceuticals, dental care, eye care and other services.

Mustard. Regina readies for mouth-watering fest

A mouth-watering festival will soon spice things up in Regina.

The Great Saskatchewan Mustard Festival returns Sept. 16 to celebrate local chefs and spotlight the province's role as a leading mustard exporter.

"It's a slice of mustard awesomeness," said organizer Malcolm Craig, executive chef at Beer Bros. Bakery and Cuisine.

The Great Saskatchewan Mustard Festival launched in 2007.

"It kind of brought it to light across the province that Saskatchewan is the No. 1 supplier to the world, basically — not just to Canada, but to the world — of great mustard. And we thought, 'Well, we should celebrate this,'" said Craig.

Chefs from across the city will be judged on their mustard dishes.

"It's a tasty treat. Mustard is marvellous, you know," laughed Adele Buettner, general manager of the mustard commission and a past judge

If you go

- Admission is free. A \$10 charge on a ticket lets you sample all the food.
- The festival is on Sept. 16 from 11 a.m. to 4 p.m., near The Willow on Wascana, 3000 Wascana Dr.
- The Great Saskatchewan Mustard Festival is on Facebook and on Twitter @gskmustardfest.

at the festival.

"Our chefs in our province are some of the best chefs out there. And when you have a group of 10 or 15 chefs demonstrating their creative talents, it's such an experience for those who want to go and enjoy tasting something different at every booth.

"The way that they come up with their recipes and their presentation inspires people."

THE CANADIAN PRESS



Some of the performers at last year's mustard festival. CONTRIBUTED/SASKMUSTARD.COM

First Nations

Métis elections in Saskatchewan slated for September

Métis in Saskatchewan will go to the polls in September.

Delegates at the Métis Nation legislative assembly in Prince Albert on the weekend chose Sept. 8 for the Métis Nation Saskatchewan elections.

The vote was originally scheduled to take place last month, but a judge ruled

there were grounds for challenges to its legitimacy.

The accounting firm MNP will serve as the electoral officer for the campaign.

So far, neither level of government has publicly stated whether it will fund the election.

Many people at the weekend meeting were quite adamant that ballot boxes should be offered in each specific Métis community, and not one for the entire region as had been suggested before.

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Right to die. 'We have emerged from the Dark Ages,' ALS patient says

Gloria Taylor says she's happy that she can now have the option to "die with dignity," but she still hopes to live a long life.

The 64-year-old West Kelowna, B.C., woman, who suffers from Lou Gehrig's disease, spoke publicly for the first time Monday since her landmark B.C. Supreme Court case that saw laws banning doctor-assisted suicide in this country deemed unconstitutional and discriminatory.

"It took a long time, and now, finally, we have emerged from the Dark Ages to realize that dying is a part of living," Taylor said.

Justice Lynn Smith suspended her ruling for one year to allow Parliament time to

Quoted

"When it's time it's God's will, not mine, and I'll leave it at that."

Gloria Taylor, Lou Gehrig's disease patient

make its next move, but granted an exemption that allows Taylor to seek doctor-assisted death during that period.

"(People) want to die peacefully," Taylor said, "not screaming in pain and not with the government in their bedroom."

Taylor said her condition has deteriorated to the point where she is losing her voice, needs a feeding tube and is restricted to her wheelchair, but she's made no decisions on when she'll contact a doctor and is living her life "one day at a time."

"I'm not there yet," she said. "I'm still here living and I hope for a long time. When it's time it's God's will, not mine, and I'll leave it at that."

Taylor said she is just "keeping the faith" that the federal government does not appeal the ruling.

PHYLICIA TORREVILLAS/
METRO IN VANCOUVER



Gloria Taylor
PHYLICIA TORREVILLAS/METRO

Mexican beating

Government sure of conviction

Prosecutors have wrapped their case in the violent beating of Calgarian Sheila Nabb at a Mexican resort and say the fact the accused has not been freed is proof he's guilty. **METRO**

Travis Baumgartner

Suspect likely to be back home soon

Triple-murder suspect Travis Baumgartner could be back in Edmonton as soon as Wednesday, as investigators have wrapped up initial interviews with him in Langley, B.C. **METRO**



A convoy of police vans leaves Mirabel airport carrying Luka Rocco Magnotta on Monday in Mirabel, Que. PAUL CHIASSON/THE CANADIAN PRESS

Alleged killer Magnotta returns to face justice

Body-parts case. Suspect arrives in Quebec, where he's expected to be charged with first-degree murder

Luka Rocco Magnotta, the lone suspect in a brutal Montreal killing that made headlines around the world, is back home to face justice on Canadian soil.

Magnotta landed aboard a military plane that took off

from Germany, where the 29-year-old was arrested earlier this month following an international manhunt, and he arrived at Mirabel airport near Montreal Monday evening.

He arrived under a wall of security.

A convoy of emergency vehicles, with flashing lights, rolled out to meet Magnotta. A half-dozen men escorted him down the stairs off the plane, onto the tarmac, and into a minivan in the convoy. Standing nearby were armed

Court appearance

The Quebec prosecutor's office said Magnotta would likely have to appear in court within 24 hours, in keeping with Article 503 of the Criminal Code.

guards, at least one carrying an assault weapon. Magnotta was being restrained on the plane, federal sources said. His fellow passengers on the military

transport aircraft included officials and law enforcement from Canada and Germany, those sources added.

Magnotta is expected to face numerous criminal charges, including first-degree murder. He could face a judge as early as Tuesday.

Magnotta was arrested in a Berlin Internet café after Montreal police issued a warrant for his alleged connection to last month's killing and dismemberment of Montreal university student Jun Lin.

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Man with no legs climbs Kilimanjaro

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ELISHA DACEY
Metro in Winnipeg

An American man who challenged tens of thousands of Canadian teens to redefine

the possible last year has done the same thing for himself.

Spencer West, who lost both his legs due to a genetic disorder when he was five and walks using his hands, reached the summit of Mount Kilimanjaro on Monday.

"It's dark right now, but the view was spectacular," said West, speaking to Metro from the top of the mountain by satellite phone.

Seven-day climb

West has helped raise more than \$500,000 for Free the Children during the climb. It will take about two days to get back base camp.

- He spent 80 per cent of the climb walking on his hands, and the rest in his chair or strapped to a team member's back.

"We're exhausted right now and I'm sure once we're rested, I'll be able to talk about things in a more inspiring way," he joked.

West is a motivational speaker with Me to We, part of Free the Children, a Canadian charity that fights for the rights of children around the world. Last year, he participated in We Day, a day of stories, music and speeches that empowers teenagers.



Spencer West leads the expedition on Mount Kilimanjaro on Day 6.

METRO/FREE THE CHILDREN

Chilliwack, B.C. Hang-gliding pilot to be tried next year after woman plummets to her death

A hang-gliding pilot will stand trial next year in connection with the case of a woman who plunged to her death over B.C.'s Fraser Valley in April.

William Jon Orders appeared in Chilliwack, B.C., court on Monday, and his court date has been set for next April 15.

He is charged with obstructing justice.

Lenami Godinez-Avila plunged 300 metres from the tandem hang glider Orders was flying.

Police have accused Orders of swallowing a memory card from his hang-glider's camera after Godinez-Avila fell to her death.

The victim, 27, was taking the tandem hang-gliding trip as a celebration of her second-year anniversary with her boyfriend.

In May, Orders made a public apology to the woman's family and friends for the incident, saying he "panicked" in the moments after the accident.

When Orders set out to take the young woman soaring through the skies over



William Jon Orders leaves a B.C. courthouse Monday.

JONATHAN HAYWARD/THE CANADIAN PRESS

scenic British Columbia, his goal was to give her an "amazing adventure" and "lots of smiles."

Instead the 50-year-old acknowledged last month that he "failed in a major way."

"I want so much to relieve that day and to have it turn out differently," he said of the accident in a statement obtained recently by The Canadian Press.

THE CANADIAN PRESS

Winnipeg

Several people injured by bear spray

Several people, including a baby, needed medical attention after bear spray went off in a tent at the Red River Exhibition in Winnipeg on the weekend.

Police say the five-month-old infant and a dozen others were hit with the spray while inside a first-aid tent on Sunday.

No one was seriously injured.

Charges are pending against three boys, ages 12 and 13.

THE CANADIAN PRESS

Corruption inquiry

Quebec construction industry like a cartel: Witness

A star witness at Quebec's corruption inquiry delivered a long-awaited torrent of names as he testified Monday about a construction industry rife with wrongdoing.

Jacques Duchesneau described an industry that operated like a cartel when it came to public works — fixing prices, driving up costs and squeezing out honest competitors. He said collusion was made easier by an under-qualified civil service. THE CANADIAN PRESS

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Sweet relief from the scorching heat

An boy jumps into a water canal to cool off in Amritsar, India, Monday. Light rain in most parts of the northern region provided much relief to people from the scorching heat. ALTAF QADRI/THE ASSOCIATED PRESS

Mr. Ugly misses out on modelling

Dubious honour.

Zimbabwe man beat out four other ugly men to land title, \$100 and a night at a hotel — which he exchanged for food money

The latest winner of Zimbabwe's Mr. Ugly pageant has ambitions of fame and fortune. But, so far, he remains a simple market porter.

William Masvinu, 38, who won the second edition of the pageant last month, makes his living carrying loads for shoppers in a market in the impoverished western Har-

are township of Mbare. The victory has made him a local celebrity, but the modelling offers he thought he'd be getting aren't yet pouring in.

"I was expecting to do some adverts and some modelling if I was asked. But I'm still poor, still carrying loads of cabbages onto buses," he said. "I am ready to show the world my gift. Being ugly is not a curse. It's a gift God gave me and I'm proud of it. My face makes me special and I am not making any excuses about it."

Organizers say they started the pageant as a novel way to entertain audiences.

When he smiles, it looks like he is crying or in pain, his fans say. His wife, Alice



William Masvinu, winner of the Mr. Ugly competition in Zimbabwe. THE ASSOCIATED PRESS

Chabhanga, isn't concerned about his looks.

THE ASSOCIATED PRESS

Thailand. Topless art stirs debate

An episode of Thailand's Got Talent has stirred a morality debate after a contestant painted a canvas using her bare breasts, drawing a rebuke from the culture minister who called it shocking.

Sukumol Kunplome summoned the show's producers Monday, saying that nudity on public television is not considered appropriate in Thai society.

The 23-year-old removed her shirt, doused her torso with multicoloured paint and used her body as a paintbrush while dance music played in the background. THE ASSOCIATED PRESS

Australia. Aboriginal art dated 28,000 years old

An archeologist says he found the oldest piece of rock art in Australia and one of the oldest in the world: an Aboriginal work created 28,000 years ago in an Outback cave.

The dating of one of the thousands of images in the Northern Territory rock shelter known as Nawarla Gabarnmang will be published in the next edition of the Journal of Archaeological Science.

University of Southern Queensland archeologist Bryce Barker said Monday that he found the rock in June last year but only recently had it dated at New Zealand's University of Waikato



Ancient Aboriginal rock art found in Australia. THE ASSOCIATED PRESS

radiocarbon laboratory.

He said the rock art was made with charcoal, so radiocarbon dating could be used to determine its age.

THE ASSOCIATED PRESS

Islamist claims win in Egypt's presidential election



Egyptian supporters of Islamist candidate Mohammed Morsi chant slogans as they celebrate his apparent victory in Tahrir Square, Cairo, on Monday.

MANU BRABO/THE ASSOCIATED PRESS

Vote. Egyptian military moves to retain power, undermining victory claimed by Mohammed Morsi

Islamist candidate Mohammed Morsi declared victory Monday in Egypt's first free presidential election since Hosni Mubarak's ouster 16 months ago. But just as polls were closing, the ruling military council issued constitutional amendments that gave sweeping authority to maintain its grip on power and subordinate the nominal head of state.

After the last-minute power grab Sunday night, the ruling Supreme Council of the Armed Forces (SCAF) pledged Monday to honour its promise to hand over power to the newly elected president by the end of this month. But the constitutional amendments stripped the president of almost all significant powers. The military decreed that it will have legislative authority after a court dissolved parliament, it will control the drafting of a new constitution and will not allow civilian oversight of its sig-

U.S. reaction

In Washington, Pentagon spokesman George Little urged the ruling military to transfer full power to a democratically elected civilian government, as it pledged to do in the past.

- "We are deeply concerned about the new amendments to the constitutional declaration, including the timing of their announcement as polls were closing for the presidential election," said Little.

nificant economic interests or other affairs.

Morsi represents the Muslim Brotherhood, an Islamic fundamentalist group that has emerged as the most powerful political faction since the uprising. The Brotherhood's Freedom and Justice Party rejected the constitutional declaration, saying it was no longer within the authority of the military council to issue such a decree with less than two weeks left for the transfer of power.

THE ASSOCIATED PRESS

Gunfight. Militants burst across Israeli border, kill 1

Militants crossed from Egypt's turbulent Sinai desert into southern Israel on Monday and opened fire, killing an Israeli worker, defence officials said. Two assailants were shot dead in a gun battle with Israeli troops responding to the ambush.

The Israeli was in a crew building a fence along the porous desert border.

No group claimed responsibility for the attack, which underscored the growing

lawlessness in the Sinai desert since longtime Egyptian President Hosni Mubarak was toppled by a popular uprising last year.

Several hours after the attack, an Israeli air strike killed two men on a motorcycle in the northern Gaza Strip near the Israeli border. The Islamic Jihad said the men were members on a "reconnaissance" mission and vowed revenge.

THE ASSOCIATED PRESS

Syria

Russia concerned for citizens, base

Syrian forces shelled the central city of Homs on Monday during a fierce offensive to root out rebels as the country's most important ally, Russia, appeared to show growing concern over President Bashar Assad's future.

Russia's Interfax news agency reported that two Russian navy ships are prepared to head to Syria to protect

Russian citizens and a naval base there.

"We won't abandon the Russians and will evacuate them from the conflict zone, if necessary," Maj.-Gen. Vladimir Gradusov was quoted as saying. Each ship is capable of carrying up to 300 marines and a dozen tanks, according to Russian media reports.

That would make it the largest-known Russian troop deployment to Syria, signalling that Moscow is becoming increasingly uneasy about Syria's slide toward civil war.

THE ASSOCIATED PRESS

UN

West avoids Syrian intervention

The U.S. has spent months disparaging Russia for blocking strong UN action against Syria and standing by President Bashar Assad as his forces lay waste to cities.

Russia's stance is convenient for Washington and its allies, which have their own reasons for avoiding direct intervention in another conflict. Not the least of them is the impending U.S.



Protesters rally against the Syrian regime and Russia's support of President Bashar Assad in Lebanon Sunday. THE ASSOCIATED PRESS

presidential election in November. Others are the uncertain outcome of a military commitment and the war-weariness of the U.S. public. THE ASSOCIATED PRESS

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StatsCan. Despite economic growth, family incomes remain stagnant: Report

The growing economy hasn't done very much to boost Canadian incomes, a new report from Statistics Canada confirms.

The agency reported Monday that median, after-tax income for families of two or more amounted to \$65,500 in 2010, virtually unchanged from 2009 or the year before after adjusting for inflation.

The result was slightly better for two-parent families with children. That segment saw median, after-tax income grow to \$78,800 from \$77,200 the year before.

There was no data from 2011, but weekly wages and other income reports suggest that there would likely be little

Negative outlook

"Something is not working here — this is not a positive report."

Economist Benjamin Tal

improvement last year as well, analysts said.

The latest reading follows a report last week that showed average household debt in relation to disposable income had risen to a record 152 per cent at the end of 2011. Statistics Canada noted that the rise in the debt ratio was not due to Canadians borrowing more, but to stagnant incomes.

THE CANADIAN PRESS

Market Minute



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Natural gas: \$2.635 US (+16.8¢)
Dow Jones: 12,741.82 (-25.35)

Microsoft unveils new 'Surface' tablet computer

Competitive edge.

Decision to make its own tablet a departure for the company, which usually focuses on software

Microsoft has unveiled Surface, a tablet computer to compete with Apple's iPad.

CEO Steve Ballmer was on hand to announce the new tablet, calling it part of a "whole new family of devices" the company is developing.

One version of the device, which won't go on sale until sometime in the fall, is 9.3 millimetres thick and works on the Windows RT operating system. It comes with a kickstand to hold it upright and a touch keyboard cover that snaps on using magnets.

The device weighs under 1.5 pounds and will cost about as much as other tablet computers. Its debut is set to coincide with the upcoming fall release of Microsoft's



Microsoft CEO Steve Ballmer.

ELAINE THOMPSON/THE ASSOCIATED PRESS FILE

much-anticipated Windows 8 operating system.

Steven Sinofsky, president of Microsoft's Windows division, called the device a "tablet that's a great PC — a PC that's a great tablet."

A slightly thicker version — still less than 14 millimetres thick and under two pounds — will work on Microsoft's upcoming Windows 8 Pro operating system and cost as much as an Ultra-

book, the company said.

The pro version comes with a stylus that allows users to make handwritten notes on documents such as PDF files.

Microsoft has been making software for tablets since 2002, when it shipped the Windows XP Tablet PC Edition. Many big PC makers produced tablets that ran the software, but they were never big sellers. The tablets

were based on PC technology, and were heavy, with short battery lives.

Microsoft didn't say how long the Surface would last on battery power.

Microsoft's decision to make its own tablet is a departure from the software maker's strategy. With personal computers, Microsoft was content to leave the design and marketing of the hardware to other companies that licensed the Windows operating system and other software applications.

The more hands-on approach with its tablet indicates that Microsoft either lacks confidence in the ability of its PC partners to design compelling alternatives to Apple's iPad, or it believes it needs more control to ensure Windows plays a major role in the increasingly important mobile computing market.

Whatever Microsoft's motives, the company's tablet plans risk alienating some of its longtime partners in the PC industry.

THE ASSOCIATED PRESS

SALES REPRESENTATIVE

Metro Regina is seeking an individual to achieve regional targets for print & online and other performance metrics by developing new business.

PRIMARY RESPONSIBILITIES:

- Manage and grow an assigned retail sales territory
- Design advertising programs to reflect clients' objectives
- New Business Development
- Creatively negotiate rates
- Sell a portfolio of Metro branded products

REQUIREMENTS OF THE POSITION:

- Post secondary education in a related field
- 3 years experience in sales/media sales
- Proficient in Microsoft Office applications
- Creative, efficient, flexible & detail oriented
- Strong verbal and written communication skills
- Proven track record in profitable selling

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than June 22, 2012. PLEASE QUOTE: "Sales Representative - Regina" in the subject line. All submissions will be treated as confidential.

OFFICE MANAGER

Reporting to the Sales/General Manager, Metro Regina, the right candidate will carry out a range of administrative and operational tasks related to the daily operations of the business in the Metro Regina operation. As well as provide operational and executive support to the Sales/General Manager, Metro Regina and any additional administrative support as directed.

PRIMARY RESPONSIBILITIES:

- Responsible for all administrative projects as assigned
- Responsible for the general daily office operations
- Assist in maintenance and control of the office budget
- Oversee the monthly purchases of office supplies and send required accruals to Metro English Canada
- Recommend and manage office furniture purchases, office supply purchases and all maintenance issues/requests
- General reception duties and Customer service requests
- Oversee couriers and mail; both incoming and outgoing
- Responsible for prompt office maintenance and repair work
- Supervise the implementation of new office systems from various shared service departments
- Review and update health and safety policies; coordinate with JHSC
- Responsible for maintaining accurate staff lists and directories
- Answering telephones, call screening and forwarding
- Deal with complex queries and complaints, by email, phone and in person
- Greet visitors and guests

REQUIREMENTS OF THE POSITION:

- 2-3 years of demonstrated success in a similar role
- Great organizational and time management skills
- Outstanding communication skills
- Intermediate knowledge of Microsoft Office - Word, Excel & Outlook
- Attention to details and thoroughness in the execution of tasks
- Must be a team player with a great, and we mean great, sense of humor

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than June 30, 2012. PLEASE QUOTE: "Office Manager - Regina" in the subject line. All submissions will be treated as confidential.

VALIDATING OUR LIVES THROUGH THE LENS



SHE SAYS...
Jessica Napier
metronews.ca/shesays

I recently went on a holiday to the sun-soaked Greek island of Santorini. We'll call it a working vacation since I was on bridesmaid duty for my best friend's wedding. Needless to say, it was

phenomenal. The picturesque surroundings and memorable milestones warranted countless photo opportunities.

While away, I found myself capitalizing on any opportunity for free WiFi so that I could go online to post real-time updates and digital snapshots for my friends and followers back home. Because if you don't record it, upload it, share it and tweet it — did it even really happen? Nobody asked me about my trip when I returned; they had seen it all thanks to my jealousy-inducing stream of Instagram activity.

When I was younger, I used to pore over my mother's photo albums filled with weathered snapshots of her on beaches and in fields looking perfectly dishevelled dressed in her 1970s hippy garb. The photos are rinsed in sepia tones, the images are grainy, the edges blurred.

Thanks to apps like Instagram and Hipstamatic, I have thousands of faux-analogue images with those same qualities but without any of the authenticity. Flaws and colour saturations that were once accidental have been applied meticulously in order to make the perfect imperfect image.

Today, our mundane realities are manipulated, elevated and given a veneer of artistry with a strategically applied "Valencia" filter. For anyone who has ever wanted to experience a false sense of nostalgia for a time before they were even born, there is indeed an app for that.

Outside the smartphone realm, Urban Outfitters has reintroduced Lomography and Holga cameras to the masses, creating an entire industry based on selling an idealized retro aesthetic to a new generation of shutterbugs. Except this time around those prints aren't treasured keepsakes stored in leather-bound albums — they're digitized, categorized, Tumbled and hashtagged until they become something else entirely.

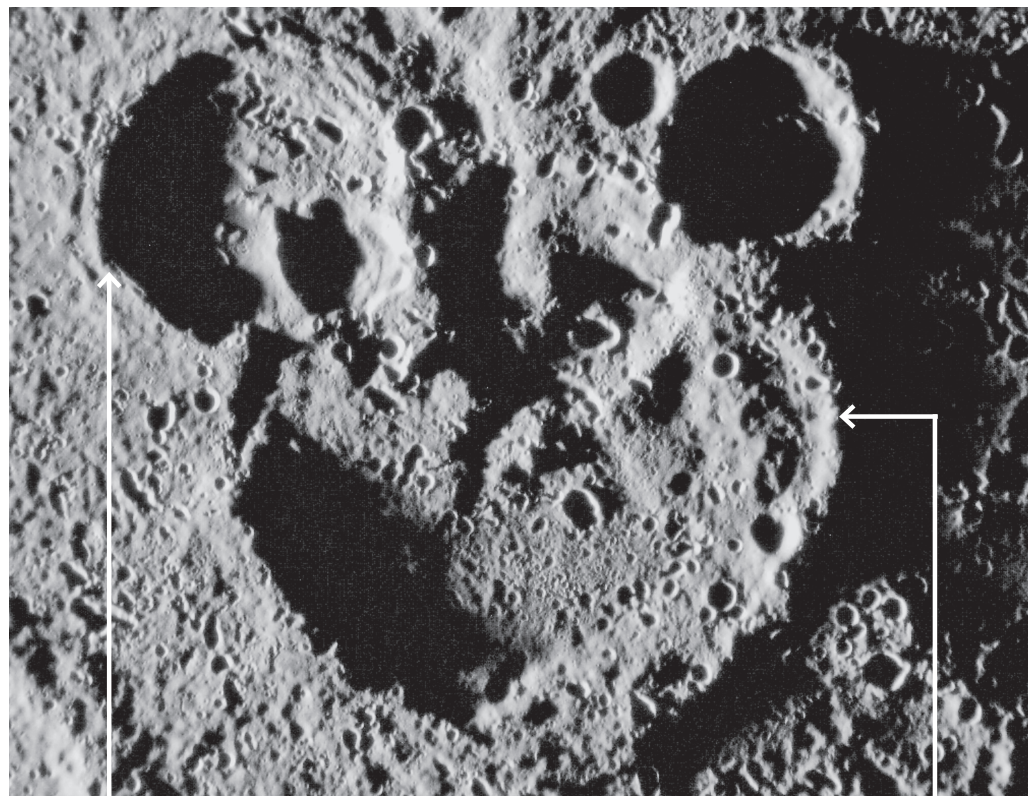
All photographs are inauthentic in a way. By capturing an instant in time, the boundaries of those realities are cropped and the subjects are posed acutely aware that they are being snapped. The very act of taking photographs makes experiences staged and, in turn, less real.

While I delight in the preservation of memories, I believe in the importance of leaving the camera (and the iPhone) at home sometimes, even when you're on vacation. We need to remind ourselves to be fully present in our unfiltered realities, enjoy the fleetingness of life and let your memories be all that you take away.



Tourists take photos in front of the Golden Gate Bridge in San Francisco in this file photo. The image was created using the iPhone 4s with Instagram's "LoFi" filter. JUSTIN SULLIVAN/GETTY IMAGES

Mercury is sooo Mickey Mouse



NASA/JOHNS HOPKINS UNIVERSITY APPLIED PHYSICS LABORATORY/CARNEGIE INSTITUTION OF WASHINGTON

Planetary research

Big act found on small planet

It looks like Mickey Mouse has made a big impact on planet Mercury.

But in truth, the familiar silhouette is a group of craters in Mercury's southern hemisphere.

The image was taken by NASA's Messenger orbiter spacecraft, which is gathering photographic data about the solar system's innermost planet.

METRO WORLD NEWS

Studying craters

- **NASA's Messenger.** Launched in 2011, the probe has taken more than 100,000 images of craters on Mercury's surfaces. Experts hope craters will tell more about the planet's history.
- **Strange cosmic resemblances.** The 215-kilometre-wide Galle Crater on Mars looks like a gigantic smiley face, while Saturn's moon Mimas has an uncanny resemblance to the Death Star from Star Wars lore.

Size of this Mickey

100

kilometres is the approximate diameter of the "face" (large, middle crater) of this Mickey Mouse resemblance.

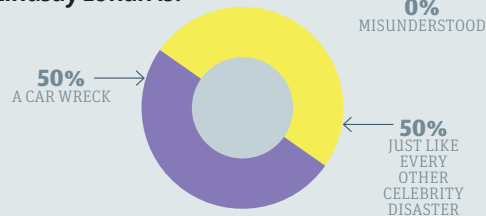


The "happy-face crater" on Mars' surface, officially known as the Galle Crater. MALIN SPACE SCIENCE SYSTEMS/NASA



Register at metropolitanpanel.ca and take the quick poll

Lindsay Lohan is:



Twitter

@chelsea_manz: Guy in front of me carrying a "down on my luck, spare change?" cardboard sign just got 2 x \$5.30 coffees... #yqr #priorities

@BLGBusiness: Etiquette at @tangerineregina: wait in line like civilized people, or grab a table as soon as you walk in? Discuss. #yqr #yqrflood

@DesereeWiebe: What's happening in #yqr this

weekend, folks? I mean, besides the obvious. #riders #cfl

@_northwinds: #10WorstFeelings - being up and showered and ready for work, then realizing it's only a dream and you slept in. #yqr

@PaigeKezima: Wondering what @urstudentunion has planned to support Pride Week in Regina?? #skpoli #yqr #pride

Scene in brief

Jack Osbourne facing MS

New father Jack Osbourne is facing a diagnosis of multiple sclerosis. The former reality star and son of Ozzy and Sharon Osbourne revealed his health crisis in an interview with *People*, released Sunday. He told the magazine he was angry and frustrated when he found out, and he's concerned about his family. Osbourne and his fiancée Lisa Stelly had daughter Pearl in April. Multiple sclerosis attacks the brain and spinal cord, and can cause somewhat mild problems or serious disability, such as paralysis. Jack Osbourne gained fame as a teen when his heavy metal father and his mother allowed the family to be profiled in the MTV reality show *The Osbournes*.

THE ASSOCIATED PRESS

On the web



Furries meeting in Pa. looking for fun; out to 'shed' reputation of fetishes, weirdness

DVD reviews

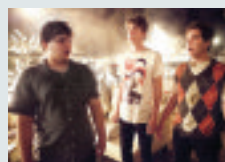
**Big Miracle**

Director. Ken Kwapis

Stars. Drew Barrymore, John Krasinski, Kristen Bell

Big Miracle sticks to the main facts while fictionalizing the details in its telling of the October 1988 effort by northern Alaskan residents, the U.S. military and two global superpowers to rescue three whales trapped in Arctic ice. Drew Barrymore plays shrill Greenpeace activist Rachel Kramer, who often alienates the people she needs to win over. That includes her ex-boyfriend, Adam Carlson (John Krasinski), who is an ambitious small-time TV reporter. Carlson's reports bring Kramer and a horde of other media types, Gawkers and hawkers join the media frenzy, while the local Inupiat hunters have their own take on the crisis. The best characters are the whales, animatronic behemoths that look incredibly real. They're the centerpiece of this feel-good comic tale that works its way to an exciting conclusion.

PETER HOWELL

**Project X**

Director. Nima Nourizadeh

Stars. Thomas Mann, Oliver Cooper

Project X is actually a slag heap of steals from similar films, roughly spanning the booger-flicking expanse from *Animal House* to *Superbad*. The difference here is the way Project X so aggressively ups the ante for outrageous sex, drugs and property damage. The film reflects so poorly on American life and values, it could serve as an Al Qaeda training video. The setup is simple: shy Thomas is turning 17, and his best buds want to throw the mother of all parties at Tom's house while his parents are away. Mom and dad's place is trashed so badly you may have to watch the screen — horrified — through your fingers. STEVE GOW

Elijah Wood, right, and Jason Gann play man and man's best friend in quirky dark comedy *Wilfred*, returning for its second season on FX Canada.

Doggone it, Wilfred and Co. are back

This ain't ALF. Lead and co-creator talks about why the show works and how he got the role

MIKE DOJC
zforcouples.com

In *Wilfred* (FX Canada), Ryan, a sad sack lawyer (Elijah Wood), strikes up a peculiar friendship with his neighbor's pooch. He sees Wilfred as a foulmouthed Australian in a shaggy dog suit but the rest of the cast sees him as a cuddly mutt.

When we last left off in Season One, Wilfred had hurled himself in front of a car to give Ryan the opportunity to swap Jenna's urine sample so that she'd pass her drug test, and more startlingly, the door to the basement where Ryan and Wilfred often hang out turned out to be a closet.

With the second season premiering on Thursday, we tossed Jason Gann, series co-creator and the man in the canine costume, some meaty bones to chew on.

What's the most cockamamie theory you've read on a message board from Wilfred fans?

People will get on there and go what is going on, is he this, is he dead, what's going on? Inevitably, a bunch of fans who've been on there for awhile will jump on and say you've just got to enjoy it, don't overanalyze it, don't over-think it, just go with it. I think people were driven crazy by the season one finale.

Wilfred and Ryan seem like an old married couple. What would a couples' counsellor make of their relationship?

You've obviously been in the writers' room. Look, I think it's a really good romance between the two. I guess you'd call it a co-dependent relationship that is maybe not healthy.

Despite all the trouble Wilfred gets Ryan into, do you think Ryan is ultimately better off having him in his life?

Definitely, because he's living. Part of life is making mistakes and getting out there into society because that's where he really struggles and those are the things that make you stronger and really define and make you who you are.

But, put it this way, would you like a friend like Wilfred?

No. Quite simply put. Fans are telling me all the time, I want a Wilfred and I'm like do you really? I'm not sure you do, you might have fun watching someone else have a Wilfred but it would be pretty wild. Maybe I could deal with it if it was for half an hour a week.

Wilfred's owner, Jenna, manipulates Ryan almost as much as the dog does. Is he in "puppy" love with her?

Ryan has a lot of stakes in a girl who isn't giving him a lot back romantically or as a friend really. We have to assume that a lot of it has happened off-screen. But yeah, it would be puppy love because it isn't

really grounded in a truthful relationship, and they haven't developed one yet.

Have you ever been as whipped as Ryan — by a girl you weren't even dating?

Maybe for a week. Look, I've been heavily in love with girls but, from an early age, I saw what happened to nice guys. So even if I wanted to be like that, even if everything in my body was telling me to do so, I've resisted because they don't respect it ... well, they do and they don't. That doesn't mean I don't treat women well in my life. I really do. I treat them like queens.

Really?? Never even been a little whipped?

What am I saying, one of my last girlfriends used to send me to the dry cleaner all the time. I'd also drive her to work in the morning and she'd inevitably forget something and I'd have to drive her back. But it wasn't because I was desperately in love; this somehow just happened.

If Wilfred were to propose to Bear on a romantic date where would he take Bear and how would he do it?

Well he'd probably take him to West Hollywood because we don't know what Bear is, whether Bear is a girl or a guy. I was thinking the other day when I was looking at this massive guy with hair all over himself at the gym and remembered that that's the name they also use for butch (gay

men). It would be somewhere disrespectful, because Wilfred would probably end up banging someone in front of Bear. In the middle of a threesome is when he'd ask Bear.

As manipulative and deceptive as Wilfred can sometimes get, he still manages to be endearing and loveable in the end. What's his secret?

Well I don't pat myself on the back too often but that, I have to say, is a Jason Gann thing. My friends have always said that's just you in a dog suit. I have forever gotten away with saying things and doing things that people just generally don't. I've heard all my life, 'Jason if anybody else did that I would have thought he's the most disgusting creep, but for some reason when you do it it's okay.' I kinda bring that naughty cherub element to the character and it's something that's worked for me personally so it's fun to play with in the character.

Is it true that Zach Galifianakis almost got the role of Wilfred?

No, his name was used as bait for me to take on the role. Originally I said no and my manager said if you don't do it someone else will and I said yeah right, thinking who is going to be better than me, I'm the original. I go who, and he goes, 'the name Zach Galifianakis is being bandied about,' and then I said 'OK I'll do it.' When casting for shows a lot of names are thrown around. I'm confident he was never actually approached.

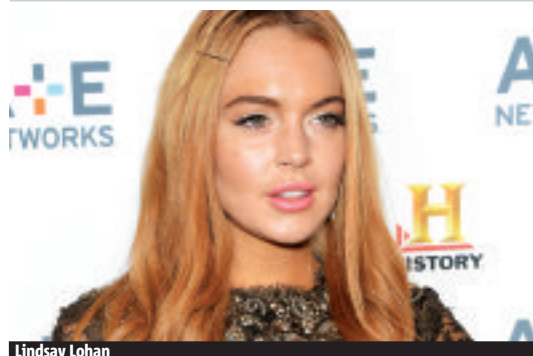
Kate peeps about her prince

Kate Middleton is usually pretty tight-lipped about life married to Prince William, but she did open up to a group of inner-city youth during a visit to their outdoor learning centre, according to *Us Weekly*. "William is very sweet and kind of spoils me," Middleton told one of the children. Of course, seeing Middleton working so well with children begs the question of when she and William will start a family of their own, and royal sources say sooner rather than later.

"There's a window in place," a source says, explaining that the couple is hoping to get pregnant between September and next summer. "The pregnancy will be announced. It won't be hidden."



Kate Middleton



Lindsay Lohan

Want to take a snooze under the strobe lights?

Lindsay Lohan must bounce back quickly. After being treated for exhaustion Friday — brought on by her hectic filming schedule — the troubled actress was out Saturday night partying at the Chateau Marmont, according to *Us*

Weekly. "For someone so exhausted, it was shocking to see her out past 1 a.m.," a source says. Lohan, who was reportedly still in hair and makeup from the Elizabeth Taylor biopic she's filming, stayed until hotel's restaurant cleared out for the night.

Twitter



@ActuallyNPH

Thanks so much for all of my B'day tweets! I had a spectacular day in Montreal w/ the delicious @DavidBurtka. I'm liking this 39 stuff!



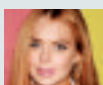
@BetteMidler

Assassins! Something has murdered two of my chickens, Khloe and Kourtney! It gnawed thru the chicken wire and pounced...poor dears. RIP.



@AlbertBrooks

I worry about Lindsay Lohan. And not just because I loaned her \$1100.



@lindsaylohan

Note to self. After working 85 hours in 4 days, and being up all night shooting, be very aware that you might pass out from exhaustion & 7 paramedics MIGHT show up @ your door.... Hopefully they're cute. Otherwise it would be a real let down.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



They say it's over, that it's over, but it's far from over

MONICA WEYMOUTH
scene@metronews.ca

What seemed to be a relatively minor bar fight between Chris Brown and Drake last week is still brewing.

The Manhattan nightclub where the incident took place, W.i.P., has been closed down due to multiple code violations, according to the Associated Press.

As for the fight itself, a source tells the Associated Press that the two hip-hop stars weren't even involved in the bottle-throwing brawl, claiming it was "entourage versus entourage, never Drake versus Chris," shooting down the theory that the two were fighting over Rihanna.

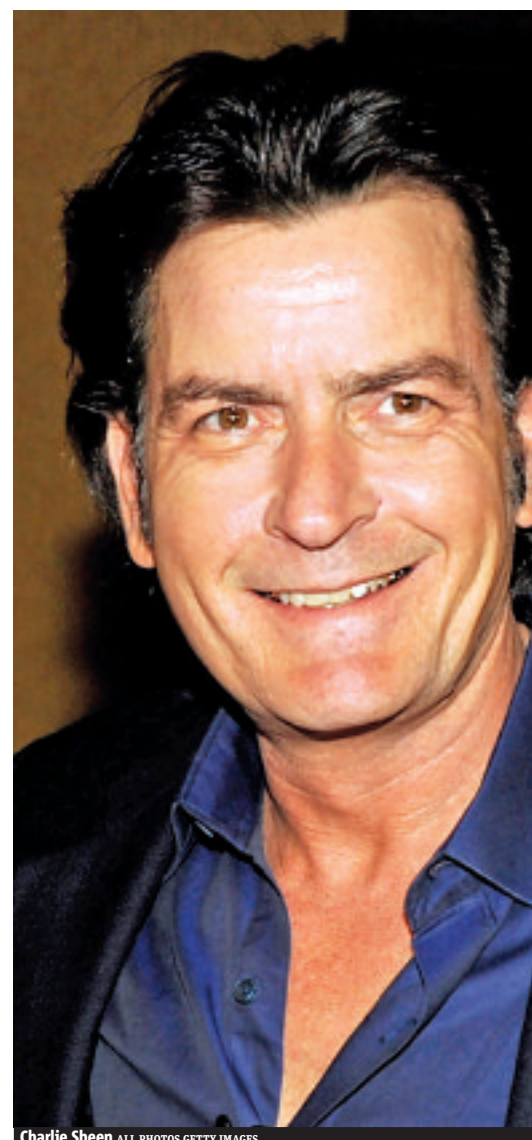
Rapper Meek Mill — who was at the club with Drake, and was initially identified as an instigator — also says the stars weren't involved.

"Chris and Drake, them two was there, but it's other people that be around that take sh— to the next level," he tells MTV.com.

"Things just happen in the club. I seen girls in there throwing bottles. I never seen Chris Brown or Drake throw a bottle, and I was there."

While Brown has already talked to cops, Drake has declined to answer questions. "Why would he turn himself in when he did not commit any wrongdoing?" his rep told the *New York Post* in a statement on Sunday.

The only thing more annoying than a hip-hop fight is a never-ending non-hip-hop fight between entourages and publicists. This thing is one airborne bottle of Skinnygirl Margaritas away from being a *Real Housewives* episode.



Charlie Sheen ALL PHOTOS GETTY IMAGES

Charlie Sheen to shut the door on showbiz

After his new show, *Anger Management*, wraps, Charlie Sheen plans to retire from acting.

"I've been doing this 30 years. And there's a lot more out there to do than make-believe, you know?" the former *Two and a Half Men* star tells the *New York Times*.

"I mean, I'm grateful. I've got a dream life as a direct result of television, you know? But at some point you just get tired of wearing somebody else's clothes, saying

I'm not gonna fake it

"...At some point you just get tired of wearing somebody else's clothes, saying somebody else's words and working in somebody else's space."

Charlie Sheen

somebody else's words and working in somebody else's space."

Gomez goes wild on web, but that's where it ends

Selena Gomez's popular *Fifty Shades of Grey* spoof made for humour site *Funny or Die* is about as close as the former Disney star is going to get to the racy, mega-popular material, according to MTV News.

"I know I'm taking risks, but I don't think I could do that," Gomez says when asked about starring in the planned movie version of the book.

"That would be a little too much for me."

GOD-GIFTED PSYCHIC

• RETURNED LOVERS

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3

LIFE

Health minute

Cold virus holds promise as cancer therapy

Researchers have shown that a cold virus known to destroy cancer cells can be delivered to a tumour through the bloodstream without falling prey to killer antibodies on the way. In a study published Wednesday in the journal *Science Translational Medicine*, the researchers found the "reovirus" hitches a ride on blood cells and uses them as a shield against the immune-system cells. The reovirus holds promise as a possible new way of treating cancer because it not only kill cancer cells directly, but also triggers an immune response – similar to what a vaccine does – that helps eliminate residual cancer cells. But because the virus, which causes upper respiratory and gastrointestinal illness, is common in the environment, most people have been exposed to it in childhood and therefore have developed antibodies, said Alan Melcher, a professor of clinical oncology and biotherapy at the University of Leeds who co-led the study.

THE CANADIAN PRESS

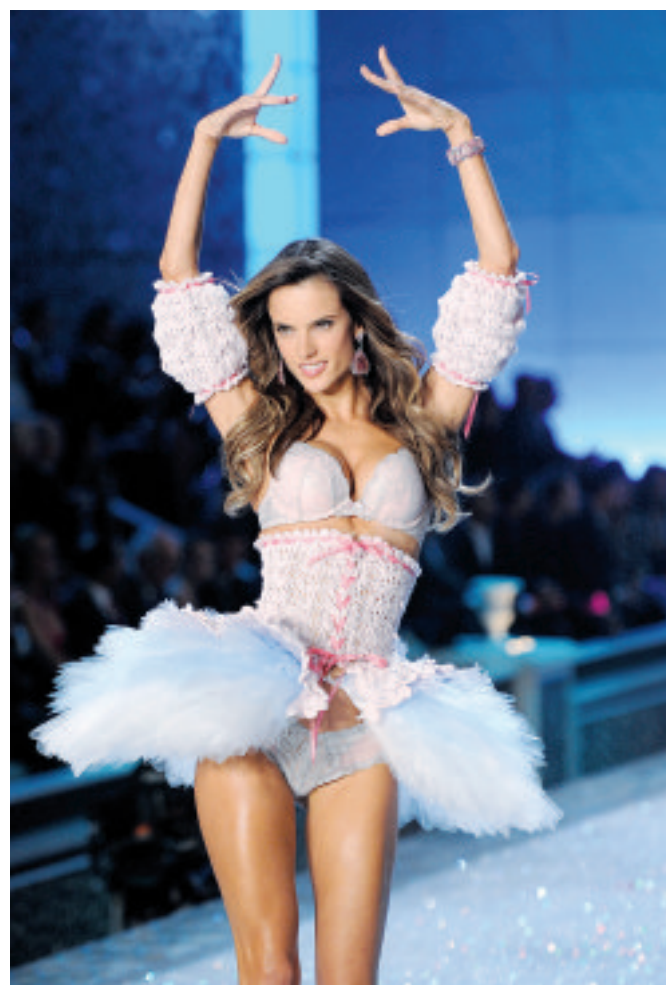
On the Web



Deaths and costs to society are lower in areas with toughest motorcycle helmet laws



From baby bump to beach body, the transition isn't as hard as it used to be. METRO WORLD NEWS



How a Victoria's Secret angel got her body back

Sexy in summer.

We speak to Leandro Carvalho, personal trainer to Victoria's Secret "angel" Alessandra Ambrosio

ROMINA
MCGUINNESS
Metro World News

Quoted



"Working out two hours a day, six days a week. On her 'off' day, she does gentle yoga."

Leandro Carvalho
Personal trainer to Victoria Secret Angel, Alessandra Ambrosio

By the numbers

30

Personal trainer Leandro Carvalho recommends doing 30 minutes of intense cardio exercise three to four times a week if your aim is to change your body shape and lose weight.

Having a baby is a life changing moment — sometimes not always for the best.

The lack of sleep, dirty diapers and the fact you've turned into a milk-making machine can be overwhelming. And however much some women would love to get their pre-baby body back, most have no idea how, or when it's OK to start exercising again. Leandro Carvalho tells us how to achieve post-baby body perfection.

Post-delivery recovery

"Women who give birth naturally need to wait around four weeks before they can start exercising again. The recovery period goes up to six weeks if they've had a caesarian," Carvalho tells Metro.

A serious operation, a caesarian limits the type and amount of working out that can be done months after giving birth. In other words, it'll be a while before you can run, jump, cycle or do squats, lunges and sit-ups again.

But not all new moms can hope that newborn-related

stress and breast-feeding alone will help them lose the baby weight.

For that reason, Carvalho found a way to increase heart rate and trigger weight loss with zero impact.

Here's how it goes:

Walk in incline

Start with the easiest exercise known to man: walking.

Carvalho advises you start off slow, maintaining a speed anywhere between two to 3.5 km/h on a five per cent incline (if on a treadmill).

gets its energy by burning fat," he adds.

Once you've walked in incline for a minimum of 25 minutes you can move on to the floor exercises.

The safest strategy: add some weight

Your workout intensity is limited and you'll need to be patient if you want results. You can't jump or run around, so challenge your body by wearing ankle weights and weighted gloves during your workouts.

"Adding light two to eight pound ankle weights when doing leg lifts (such as a kneeling leg lift) or weighted gloves when doing arm movements will increase the intensity of a move," explains Carvalho.

Slowly building up your resistance and the number reps will tone and sculpt your body. Start with 20 to 30 reps for each move, eventually working your way up to 100.

Move over rice, quinoa-stuffed peppers take over

Quinoa-Stuffed Peppers



This recipe serves four. THE CANADIAN PRESS H/O

Quinoa is an amino-acid-rich protein seed that has a fluffy, slightly crunchy texture and a mild nutty flavour when cooked.

Mixed with ground turkey, spinach, mushrooms and goat cheese, this super nutritious stuffing is baked in red peppers for a protein-rich meal.

1. In a saucepan, bring the chicken or turkey broth to a boil over medium-high heat. Stir in quinoa and simmer, covered, for 10 minutes. Remove from heat and leave covered for 15 minutes.

2. Meanwhile, in a large non-stick skillet, heat oil over medium-high; brown turkey, breaking into small pieces with the back of a spoon. Transfer to a plate and set aside.

3. Cook onion until tender and golden, about 7 minutes. Stir in garlic, salt and red pepper flakes and cook for 1 minute. Stir in mushrooms and cook until golden and no liquid remains.

4. Remove from heat and stir in spinach and quinoa. Sprinkle with goat cheese. (Make ahead: This mixture can be made up to 2 days in advance.)

5. Spoon mixture into hollowed peppers and bake in a 190 C (375 F) oven until peppers are tender crisp and filling is hot, about 20 minutes.

THE CANADIAN PRESS/ONTARIO TURKEY (MAKEITSUPER.CA)

Ingredients

- 250 ml (1 cup) turkey or chicken broth
- 125 ml (1/2 cup) quinoa
- 10 ml (2 tsp) vegetable oil
- 500 g (1 lb) ground turkey
- 1 onion, minced
- 2 cloves garlic, minced
- 2 ml (1/2 tsp) salt and red pepper flakes
- 500 ml (2 cups) chopped cremini mushrooms
- 1 l (4 cups) chopped spinach
- 50 ml (1/4 cup) crumbled goat cheese
- 4 large red bell peppers, tops cut off and ribs removed

Salmon Dill Appetizer. Serve this fresh and light starter over lettuce leaves



1. In bowl, combine veggie dip with remaining ingredients and gently fold together.

2. To serve as an appetizer, arrange few lettuce leaves on plate and place mix in centre. Garnish with radishes, if desired.

For first course, arrange salad greens on two plates and divide salmon mixture between them. Serve with pita chips, crackers or cucumbers.

THE CANADIAN PRESS/MARZETTI
OTRIA VEGGIE DIP

Ingredients

- 175 ml (3/4 cup) feta Greek yogurt veggie dip
- 250 g (8 oz) cooked salmon, skin removed and flaked
- 125 ml (1/2 cup) chopped large portobello mushrooms, gills removed
- 125 ml (1/2 cup) chopped fennel
- 2 chopped scallions
- 15 ml (1 tbsp) chopped fresh mint
- 15 ml (1 tbsp) capers (optional)
- Salt and pepper, to taste
- Lettuce leaves
- Radishes, sliced thin
- Toasted pita chips, crackers or thick slices of cucumber

Exotic chicken sandwich

1. Remove outer three layers of lemon grass stalk and cut tender middle section into 1-inch pieces. Bruise lemon grass. In bowl, combine lemon grass, garlic, green onion, black pepper, sambal sauce, sugar, salt, oil and fish sauce. Coat chicken and marinate 30 mins.

2. Sweet chili cilantro mayo: combine the mayonnaise, honey, sambal sauce, cilantro and salt in mixing bowl.

3. Coleslaw dressing: In separate small bowl, combine sugar, vegetable oil, lime juice and salt. Pour on shredded cabbage and carrots, and toss to coat.

4. Remove chicken from marinade. In pan, heat oil for 1 minute and fry chicken 15 mins. on med., turning halfway through. Remove from heat.

5. Spread cilantro mayo on toasted buns. Slice chicken and place on bun. Finish with coleslaw. NEWS CANADA/DITALIANO.CA

Ingredients

- 2 stalks lemon grass
- 3 cloves garlic, minced
- 2 stalks green onion, minced
- 1/4 tsp (1 ml) black pepper
- 1 tsp (5 ml) sambal sauce
- 2 tbsp (30 ml) sugar
- 1 tsp (5 ml) salt
- 1 tbsp (15 ml) oil
- 2 tbsp (30 ml) fish sauce
- 4 small half chicken breasts, lightly pounded with flat meat

mallet

Sweet Chili Cilantro Mayo:

- 1 cup (250 ml) mayonnaise
- 2 tbsp (30 ml) honey
- 2 tsp (10 ml) sambal sauce
- 3 tbsp (45 ml) cilantro, chopped
- Salt to taste

Asian Coleslaw:

- 3 tbsp (45 ml) sugar
- 2 tbsp (30 ml) vegetable oil
- 3 tbsp (45 ml) lime juice
- 1 tsp (5 ml) salt
- 1/2 lb (250 g) shredded cabbage
- 1/2 lb (250 g) shredded carrots
- 4 D'Italiano sausage buns, toasted



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Family arguments can be tricky business



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

In a recent telephone conversation with an extended family member, there was a long drawn out discussion regarding a particular family event and what transpired during that event. We exchanged opinions, some of which caused disagreement on the perception of the event. In any case, voices

were raised and then all of a sudden the line went dead. The other party hung up on me. I am now being asked to apologize for the things that I said and for my opinions, which apparently have caused "offence" to this person. I am not feeling the need to do so. How do I address this tactfully/diplomatically and or refuse to apologize?

Yours truly,
Ms. Diplomatic

Dear Ms. Diplomatic,
What a dilemma! I guess



my first question for you is how strongly do you feel about this issue and subject? If it really doesn't mean very much to you, then I would personally just apologize and let the entire situation

close.

However, if you do feel very strongly, a few points: Firstly, it was very rude of the other person to hang up on you — that is something that should never be done. If

you must hang the phone up in anger, then say so and put the phone down.

Here are your options for consideration:

1. Try calling and apologizing for the situation getting to where it is and try to finish the conversation, calmly explaining your point of view, but respecting theirs. It is OK for two people to agree to disagree.

2. Try sending an email or letter, again following the path above. However, I believe email leads to such a misinterpretation, so it's

always easier to speak face to face.

3. Finally, as a last resort, go to a family member who is well respected by this other person and try to get them to help negotiate some peace between the two of you. Don't ask them to agree or plead your case, but just to try and get the two of you talking and to explain that it is OK for you both to have different opinions, but that fighting is really not the answer. Please do let us know how things turn out, best of luck!

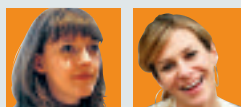
Advice

Time to change your approach

Hey Sisters, I was in a five-year relationship with a girl I met in university. We lived together and when the time came to pop the question I realized she wasn't the one for me. I've been single for a few months and have been going out with my friends

to meet someone new. It's been fun, and I do talk to a lot of people, but no one has really captivated me. I'm starting to get fed up with looking, and I'm not sure what I'm missing. Any advice that doesn't involve eHarmony? Hungry for More

Andrea: Dear H4M,
Being single after a long relationship with that not-quite-right-someone is like being released into the



TWO SISTERS
Andrea and Claire
Life@metronews.ca

woods to fend for yourself. There's a wonderful feeling of independence and everything is bright and exciting ... until you get hungry. You

now have two options: a) die b) persevere. Chances are you're choosing the latter, so make better traps or forge better weapons. In other words, modify who you are and how you approach.

Maybe you haven't been ready to meet someone worthwhile and subconsciously aren't aligning yourself with this goal. Maybe to meet someone different, you have to be different. Imagine who you want to meet and the kind of person you see

her with. Try to be that person, and let the universe do its thing. eHarmony not required.

Claire: Dear H4M,
Newly single people who come out of long-term relationships think that the outside world is a big vending machine of available singles that will pop out the right one for them ... if they can just figure out which buttons to press. Nope. That's eHarmony. The older we get,

the busier we get, the more baggage we amass, the more set in our ways we are.

It's harder to meet people. It may take time, and you will definitely get fed up. I have no better advice than to tell you to keep going, keep trying, and try to actually enjoy the freedom, the loneliness, and even the self-doubt. These are the ingredients to a more well-rounded man who is happy with himself. And there is nothing a woman likes more. Onwards.

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Save money. Live better.

Boomerang kids back in the nest?

Young and broke.

They have huge debts and can't find jobs — what to do when your children grow up and move back in



YOUR MONEY
Alison Griffiths
money@metronews.ca
Twitter: @alisonmoney

An amusing comic strip recently showed a teenager asking his parents to lend (meaning give) him \$20 so he could go out for a movie and pizza with his friends. His mother pointed out that he had a part-time job and savings in the bank. "But that's my money!" her son protested.

This seemingly innocent me-ness of the teenage years

Alison's money rule

"Helping out financially shouldn't mean a free ride for adult kids living at home."

Food for thought

Organic power shopping never pays off



FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
Twitter: @Lesleyscorgie

Last week I was racing from a meeting with my lawyer to one with my banker, regarding my new home purchase. Between appointments, I decided to squeeze in a 'power shop' for groceries; in-and-out in less than eight minutes.

I filled my basket with a few days' worth of fresh organic foods and bolted to the checkout. The cashier rang in my \$50 stash and that's when I discovered, in my haste, I'd left my wallet at my last appointment.

Price limitations

75%

Percentage of respondents who said they would buy organic if the price was more affordable. That's according to a recent study by Coupon Cabin about organic food purchasing behaviour.



Thirty-four years old and living with the 'rents: Matthew McConaughey, centre, starred in *Failure to Launch* along with Kathy Bates, left, and Terry Bradshaw. CONTRIBUTED

is spilling over into adulthood. One third of parents with a youngest child between 20 and 34 have at least one offspring living at home according to a 2011 Statistics Canada report. And one quarter of those enjoying Hotel Mom and Dad have left the nest only to return —

the so-called boomerang kids.

It isn't surprising. After all, the Vanier Institute of the Family pegs the average debt for those with an undergraduate degree at around \$18,000, but the Canadian Federation of Students believes it's more like \$27,000.

Factor in the unemployment rate for the under-35 crowd, between 15 and 21 per cent, and there are a large number of young adults who have no financial choice but to live at home. In many cases, parents who are initially willing to help end up feeling put upon and

resentful. Avoid this toxic situation by ensuring adult children at home contribute.

Above all, charge rent. I recommend a sliding scale based on income. First set a base rate no matter what your child is earning — \$50 monthly is better than nothing.

How times change

- **Young adults.** In 1985, 21 to 34-year-olds purchased 38% of all new cars; today it is only 27%.

Even if that means an engineering grad must take shifts at the mall or a fast food outlet, such financial obligations are the stuff of adulthood. (If your child is saving to go to school the rent can always be rebated later.)

Then peg future rent to a percentage of their earnings. A reasonable rule of thumb could be 20 to 25 per cent of gross income. Since most recent grads will have lots of tuition and education credits to carry forward, they are unlikely to pay much tax.

Also, be sure to spell out household duties such as cleaning, gardening, cooking and grocery shopping.

By all means help your kids get on their feet but treat them as adults at the same time.

ALISON GRIFFITHS IS THE AUTHOR OF **COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY**. REACH HER AT ALISON.GRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM



Scared of GMOs and pesticides? You might want to go organic. ISTOCK IMAGES

Plan ahead. Hasty purchases often result in bad deals. So, unlike my eight minute 'power shop', take time to plan out your organic purchases to ensure you don't buy items you don't need and avoid paying too much for the ones you do.

Buy less more often. Fresh organic produce provides its greatest flavour and nutritional benefits

when consumed quickly. Buying fewer in-season produce items more often saves money as less food going rotten. If you're concerned about your carbon footprint each time you drive to the grocery store, stop driving and walk, run, bike, or take public transit.

Coupon. Clip organic food coupons or search for them online. Coupons exist for almost any item. The key with couponing is

to avoid going overboard — buying more than you need for the sake of a deal.

Bulk-buy non-perishables. Take advantage of sales for non-perishables and items that can be frozen until you're ready to consume.

Buy local. Not only will this help support local growers and businesses, in many circumstances, produce can be significantly less than at a traditional

big-box grocer. Great organic healthy fresh foods are available at your local farmers' market or grocery co-op.

Test your green thumb. If you've got access to natural sunlight and have a yard or balcony, try growing your own herbs, fruits and veggies. Seed packs only cost a few dollars.

You don't have to fork over astronomical sums of money to buy organic.



GO WITH THE FLOW

DO AS THE FRENCH DO

By Deborah Fulsang

Embrace the high-style je ne sais quoi of a scarf this season.

Wrap your hair, circle your neck or create your own sexy halter top — it's all so elegant and easy.



HEAD SCARF

Let Grace Kelly be your guide. Wrap a scarf around your head or ponytail for a pretty, polished effect. *Echo Design African striped polyester scarf*, \$50, thebay.com. *Gap racer-back cotton tank top*, \$24, gapcanada.ca.



HALTER

Transform a gorgeous square scarf into a super-chic top with two simple knots. *Juma graffiti-print silk scarf*, \$200, jumastudio.com.

Scarves, counter-clockwise, from top, Virginia Johnson merino wool scarf, \$195, virginiajohnson.com, Jessica ombre chiffon scarf, \$10, sears.ca, Hermès Mosaic H silk carré scarf, \$420, at Hermès boutiques, hermes.com, Hermès cliquetis silk carré scarf, \$420, at Hermès boutiques, hermes.com.



COSY WRAP

Choose colour and pattern — or both — and jazz up a lightweight cardigan or tee with a vibrant, oversized scarf. *Tilo linen-blend print scarf*, \$150, reiastudio.com.



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RIGHT LOOK RIGHT AGE

20-30 SOMETHING: ELIZABETH OLSEN

A generous serving of sparkle and a high-low mix of add-ons take a cheery shade from sweet to chic.



All-over shine helps lemon yellow show its sassy side.

French Connection sequin viscose dress, \$298, frenchconnection.com.

Delicate bands al-



low you to rock a ring on almost every finger. Tiffany & Co. diamond and platinum Bow ring, \$2,400, Jazz Graduated band ring, \$3,300, and Lucida band ring, \$3,100, tiffany.ca.



Steer toward strap-happy heels to put your perfect pedi on full display. Stuart Weitzman patent-leather heels, \$395, stuartweitzman.ca.



WHAT TO WEAR NOW ... NO MATTER YOUR NUMBER

By Ingrid Williams, with beauty tips by Janine Falcon and Chantel Guertin.

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FABULOUS 40: ELLEN POMPEO

Balance a bold shade with updated basics, like a pretty white shirt. Judith & Charles Bari cotton-blend blouse, \$235, and Pamplona polyester pants, \$295, judithand-charles.com.



Tasteful chainmail toughens up an evening look. BCBG Max Azria metal and leather clutch, \$202, at BCBG Max Azria stores.

Seek out detail and drama when choosing all-black accessories. A glossy finish and pin-thin heels weave a wickedly stylish web. Gianvito Rossi patent-leather heels, \$1,910, thebay.com/theroom.



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4

SPORTS

NFL

"It wasn't because I didn't want to play anymore. It was simply time to move on."

Running back LaDainian Tomlinson, who signed a one-day contract with the San Diego Chargers on Monday and then announced his retirement. Tomlinson rushed for 13,684 yards, fifth all-time, and scored 162 touchdowns, third-most ever. His 145 rushing touchdowns are second-most in history. He ended his brilliant 11-year NFL career the same way he started it — with the Chargers.

"I was a part of greatness. And it was awesome to be a part of it. It was awesome to watch. I mean, I had the best seat in the house. It was a fun time."

Retired offensive lineman, and former teammate of LaDainian Tomlinson, Kris Dielman.

On the web



The New Orleans Hornets appear serious about pairing another big man with consensus top draft choice Anthony Davis. New Orleans hosted six-foot-11 Baylor forward Perry Jones III and six-foot-nine Ohio State forward Jared Sullinger for pre-draft workouts on Monday. Scan the code for the story.



Roger Clemens talks to members of the news media after his acquittal on Monday in Washington, D.C. CHIP SOMODEVILLA/GETTY IMAGES

Clemens acquitted after 'a hard five years'

MLB. Jury finds seven-time Cy Young winner didn't lie to U.S. Congress in 2008

Roger Clemens was acquitted Monday on all charges that he obstructed and lied to Congress in denying he used performance-enhancing drugs to build his career as one of the greatest pitchers in baseball history.

"I'm very thankful," Clemens said, choking up as he spoke after the verdict.

"It's been a hard five years," said the pitcher, who was retried after an earlier prosecution ended in a mistrial.

This trial was lengthy, but the deliberations were relative-

Quoted

"The jury has spoken in this matter, and we thank them for their service. We respect the judicial process and the jury's verdict."

A written statement from the U.S. Attorney's Office after Clemens' acquittal.

ly brief. Jurors returned their verdict after close to 10 hours over several days. The outcome ended a 10-week trial that capped the U.S. government's investigation of the pitcher.

Emotional hugs among Clemens and family members followed the verdict, including one large group hug in the courtroom. At one point, wife Debbie Clemens dabbed his eyes with a tissue.

Outside, at one point, Clemens stopped to compose himself.

Accused of cheating to achieve and extend his success — and then facing felony charges that he lied about it — he declared, "I put a lot of hard work into that career."

He said he appreciated "my teammates who came in and the emails and phone calls" of support. With his four sons standing behind him, Clemens thanked his lawyers, his family, his sisters and his wife.

His chief lawyer, Rusty Hardin, walked up to a bank of microphones and exclaimed:

"Wow!"

Hardin said Clemens had to hustle to get to court in time to hear the verdict. "All of us had told Roger there wouldn't be a verdict for two, three or four days, so he was actually working out with his sons almost at the Washington Monument when he got the call that there was a verdict."

Clemens, 49, was charged with two counts of perjury, three counts of making false statements and one count of obstructing Congress when he testified at a deposition and at a nationally televised hearing in February 2008. The charges centred on his repeated denials that he used steroids and human growth hormone during a 24-year career that produced 354 wins.

THE ASSOCIATED PRESS

Tennis

On-court outburst costs Nalbandian

David Nalbandian was fined the maximum \$12,560 US and placed under police investigation for assault after kicking an advertising board and injuring a line judge during the Queen's Club final.

The ATP confirmed the fine for unsportsmanlike conduct on Monday and said the Argentine player also was stripped of his 36,500 pounds (\$57,350) in prize money.

London police said they were investigating a complaint of assault filed against Nalbandian, who was defaulted from Sunday's match against Marin Cilic in the grass-court Wimbledon warm-up event.

THE ASSOCIATED PRESS



David Nalbandian in London on Sunday. THE ASSOCIATED PRESS

Rankings

Mayweather still 'Money' while in the slammer

The world's highest-paid athlete is in jail.

Forbes has released its list of the 100 highest-paid athletes, and boxer Floyd (Money) Mayweather Jr. is No. 1. Mayweather, who made \$85 million US for two fights last year, is currently serving a three-month jail sentence in Las Vegas for domestic battery.

THE ASSOCIATED PRESS

Cassano leads Italy to quarter-finals



Antonio Cassano of Italy celebrates scoring the opening goal against Ireland on Monday in Poznan, Poland. CLIVE MASON/GETTY IMAGES

Blowing kisses to the crowd with a joyous grin on his face, it was a different Antonio Cassano who walked off the pitch this time.

Cassano, who wept uncontrollably after Italy was eliminated from the 2004 European Championship, scored the decisive goal Monday as Italy beat Ireland 2-0 to reach the Euro 2012 quarter-finals.

"We Italians are used to suffering, but we always give our best," said Cassano, who nearly lost his life with stroke-like symptoms seven months ago and then required minor heart surgery.

"The victory was something we struggled for but the most important thing was to get through the group."

With Italy needing a win to stand a chance of advancing, Cassano scored the first goal. He headed in with his back to the goal by the near post following a corner kick in the 35th minute on a warm and muggy night in Poznan, Poland.

Substitute Mario Balotelli doubled the lead in the 90th, a minute after Ireland was reduced to 10 men when Keith Andrews picked up his second yellow card.

THE ASSOCIATED PRESS

Spain-Croatia

Unconvincing as it was, it was still enough for Spain.

- The defending Euro champions advanced to the quarter-finals on Monday, getting an 88th-minute goal from substitute Jesus Navas in a 1-0 win over Croatia.
- Spain dominated possession as expected but failed to create many clear opportunities at the Arena Gdansk in Poland.

Crossword

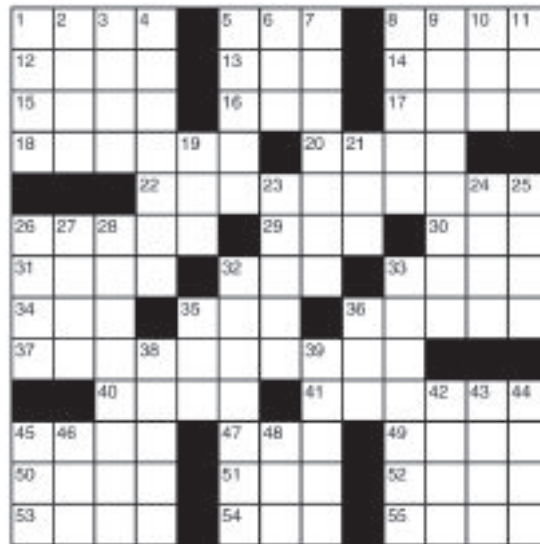
Across

- 1 Drunkards
- 5 Intention
- 8 Prayer closer
- 12 Milne character
- 13 Detergent brand
- 14 Encrust
- 15 Pound of poetry
- 16 Pouch
- 17 Secondhand
- 18 Oddball
- 20 Picnic invaders
- 22 Runts
- 26 Trite
- 29 Bit of wordplay
- 30 Ruby or emerald
- 31 — and the Tramp
- 32 Chart format
- 33 List of options
- 34 Goose, in Guadalajara
- 35 Corpulent
- 36 Surroundings
- 37 Classroom surprises
- 40 Swivel
- 41 Of a people
- 45 Met melody
- 47 Bath site
- 49 My Name Is —
- 50 Van. counterpart
- 51 Drop the ball
- 52 Largest of the seven
- 53 Gridlock sound

- 54 CSI evidence
- 55 Grate

Down

- 1 Gush forth
- 2 Creep through the cracks
- 3 Actress Spelling
- 4 With keenness
- 5 Man of morals?
- 6 Playwright Levin
- 7 Rhesus monkey
- 8 Less than 90 degrees
- 9 Rubbed the right way?
- 10 — out a living
- 11 Homer Simpson's neighbour
- 19 Conk out
- 21 Sister
- 23 Stocky, heavy-coated dog
- 24 Griffey Sr. and Jr.
- 25 Dirty matter
- 26 Feed the hogs
- 27 Mexican entree
- 28 Certain adjustment
- 32 Made like Manet
- 33 Get the sound wrong
- 35 Bear hair
- 36 Ran into
- 38 Charlatan



- 39 Marty in Madagascar is one
- 42 Houston acronym
- 43 Rainbow
- 44 Applaud

- 45 Interlaken interjection
- 46 Pi follower
- 48 Ode subject

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

3	7	4	1	8	9	5	6	2
8	1	2	6	4	5	9	3	7
9	6	5	2	3	7	1	8	4
1	4	8	9	5	6	2	7	3
2	5	6	3	7	1	4	9	8
7	9	3	4	2	8	6	1	5
6	2	7	8	9	4	3	5	1
4	8	9	5	1	3	7	2	6
5	3	1	7	6	2	8	4	9

Yesterday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

XH W F J ' I B N I G Z N F I B
Q Y B B C W A Z R S R T T F A Z B I
G F N Y B A X A F I Q . F S B G F I T C Q R W
W F J ' I B H R Q A T W Q Y B I X F I .
Yesterday's Cryptoquip: THE CROPLAND IS
CHOCK-FULL OF SNAKES. I SUPPOSE YOU
MIGHT SAY IT'S FARMED AND DANGEROUS.
Today's Cryptoquip Clue: I equals R



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

♈ Aries | March 21 - April 20.
You are not the sort to compromise your beliefs and opinions and that's good because you will be challenged in some way today.

♉ Taurus | April 21 - May 21.
Focus on relationships today and don't worry that you might miss out on a money-making opportunity.

♊ Gemini | May 22 - June 20.
If there is something about your everyday existence that you would like to change then now is the time to do something about it.

♋ Cancer | June 21 - July 22.
You seem to be more curious than usual about your place in the universe. Don't be scared of asking difficult questions: the answers you get will be hugely enlightening, and maybe more than a little bit profit-

able too.

♌ Leo | July 23 - Aug. 22.
Don't back out of a promise today. If you let even one person down your reputation will suffer.

♍ Virgo | Aug. 23 - Sept. 22.
No matter how many times you have clashed with someone in the past they will be on your side today.

♎ Libra | Sept. 23 - Oct. 22.
You will become aware today that someone has been keeping things from you, but don't get upset or annoyed about it.

♏ Scorpio | Oct. 23 - Nov. 21.
Something that never made much sense before will start to make sense today. A lot of questions that did not seem to have answers will somehow resolve themselves and you'll marvel at just how simple it all is.

♐ Sagittarius | Nov. 22 - Dec. 21.
There is an art to saying unpleasant things while making them sound reasonable, even helpful, and if you master that art today you will get a lot of things done.

♑ Capricorn | Dec. 22 - Jan 20.
Be kind to yourself for a change: do something fun and relaxing.

♒ Aquarius | Jan. 21 - Feb 18.
You are right and those who disagree with you are wrong. That's the attitude you will adopt today and in getting things done it will take you far.

♓ Pisces | Feb. 19 - March 20.
You won't see eye-to-eye with someone you work or do business with today but you don't have to go to war about it.

SALLY BROMPTON



Caption Contest

"I think I can, I think I can."
bilyana

LAURENT GILLIERON/KEYSTONE/THE ASSOCIATED PRESS

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Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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